

Leader Guide

SMALL GROUP CURRICULUM

STRESSED



6-week study covering the life of David.

Small Group Guidelines

1. THIS IS A SAFE GROUP

We will all do our part to create an environment where everyone can be real, open & honest with their struggles and victories.

2. CONFIDENTIALITY IS KEY

What is said in the group stays in the group.

3. NO CROSSTALK

Crosstalk is conversation that leaves others out.

4. NO FIXING

We are not here to fix each other, Jesus does that part. Give encouragement, speak truth, and point to Jesus, but don't try to solve or fix each other.

5. WE WANT EVERYONE TO HAVE A CHANCE TO SHARE

Be sensitive about the amount of time you share.

6. WE COMMIT TO RESOLVE CONFLICT BIBLICALLY

When conflict or sin issues between group members arise, we want to make sure that we are honoring God and each other in the way we deal with these issues. The following are a few key Scripture references regarding conflict resolution (there are many others).

- >> Someone has sinned against you (Matthew 18:15-20)
- >> Restoring someone who is in sin (Galatians 6:1-5)
- >> Forgiving a sinner (Colossians 3:12-13)
- >> Reconciling differences (Matthew 5:23-24; Matthew 7:1-5)

“Creating Relational Environments that are healthy, safe and make disciples”

Small Group Components

1. WELCOME

This makes new believers, visitors and members feel valued and welcomed. This begins with your phone calls and continues as they enter your home and all throughout the evening. A warm welcome establishes a foundation for relationships, makes everyone aware of what is going on, and brings focus to the group.

2. OPENING PRAYER

Invite God's Holy Spirit into your presence. This prepares your hearts for what God has for you and shifts your attention from individual fellowship to the group.

3. PURPOSE (CORPORATE AND SMALL GROUP)

Express your purpose behind meeting as a small group (e.g. making disciples, reaching the lost). This helps prepare your hearts and minds for the discussion.

**This must be in alignment with the RLM Vision and Mission.*

4. GUIDELINES

Establish and agree upon boundaries for a healthy group. Establish a safe environment where everyone can share openly and honestly. This provides Biblical guidance for healthy conflict and resolution.

5. ICEBREAKER/WARM-UP

Do an activity that sets the stage for transparency and trust and helps create a safe environment. This may involve low-risk participation. Examples include a small game, testimony, 'hook' question, or worship.

6. TOPIC/STORY (ENCOUNTER)

This is the "business" of the group. Use this leader guide as a tool to lead your group discussion.

7. TAKEAWAY/RECAP (FAITH IN ACTION)

How can we apply what we learned to our lives? Paraphrase what happened in your group's discussion. You may even choose to issue a challenge for your group.

8. CELEBRATION

Spend time recognizing what God accomplished in the group. Thank/praise God and encourage each other.

9. CLOSING PRAYER

Refocus your attention on God and His provision. This is the time for personal prayer requests, group needs, and to praise God.

Leader's Guide to Using the Small Group Curriculum

1. BIG IDEA

The big idea is the focus for the weekly encounter. This helps us focus the questions and the discussion. Many things can be discovered in a passage, but this is the idea that is at the core of the questions and activities.

2. DAILY ENCOUNTER

These are some suggested passages that encourage people to develop a daily encounter time with God.

3. LEADER TIPS

The role of a small group leader includes both facilitating the discussion and shepherding the group. We have given some tips each week to help in both facilitation and shepherding. There may also be information about upcoming events. The tips in this session are more extensive to help equip you as you shepherd and disciple your small group members to grow.

4. CLOCK SYMBOL

This symbol alerts you to the suggested amount of time to spend on each section. The times listed are based on an average of an hour and a half small group time. There is more material than any group can cover! Choose the parts that would make a good discussion for your group. The goal is not to cover every question, but to build relationships with each other, to discuss God's Word, and to grow in believing and living as followers of Jesus.

5. WARM UP



15 Minutes

People come to the group from busy lives and other demands; they need a moment of time to interact as a group. There are some discussion questions to choose from to get the interaction going.

6. SERMON REVIEW QUESTION



This is a question to give people a chance to respond to the sermon and you as a leader to hear what they are thinking. As the group leader be listening to the themes of people's responses. If you need to follow up on their comments and observations during the discussion feel free to adjust your discussion time for that. It is better to have a great discussion that challenges people's thinking and beliefs with a few good questions than to answer all the questions at a surface level. The goal is to have people engage God's Word as it relates to their own heart and deepen relationships.

7. ENCOUNTER GOD'S WORD



This is the section when you look at God's Word together. Usually there is a story passage and another passage to use for discussion with your group. **Again, there is more than any group can cover. Think of the lesson as a menu and select the items that will best feed your group.** "Success" is getting into God's Word together and having an impactful discussion.

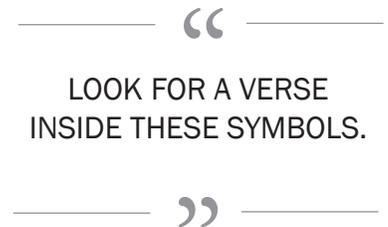
8. REBUILDING



Rebuilding the passage is important to help people remember the passage so they have stories from God's word to draw from in daily life. This is only mentioned in your Leader's Notes. You will have to guide this section. Use your own questions to rebuild the story. You can keep asking the group "What happened? What comes next?" or make your own questions to get them to repeat the story. Move through this quickly. Get everyone involved. You might even ask someone to retell the story passage.

9. VERSE OR QUOTE

Verses or interesting quotes can be found inside the quote marks for some weeks. These make good memory verses. Try it out; challenge the group every now and then to memorize the verse.



Using the Small Group Curriculum (continued)

10. EXPLORING GOD'S WORD TOGETHER



25-30 Minutes

These questions are to help your group dig into God's word together. *It is better to have a great discussion that challenges people's thinking and beliefs with a few good questions than to answer all the questions at a surface level.* The goal is to have people engage God's Word as it relates to their own heart and growth.

11. FAITH IN ACTION



5-7 Minutes

This section will have challenges and practical living ideas. We want to follow Jesus in every area of our lives, so we have listed different suggestions of steps that people could take in response to the weekly topic. Direct your small group members to read through these; challenge people to intentionally respond to what God is doing in their hearts. The suggested steps are just suggestions. Encourage people to think of their own faith action steps. The point is to respond in following Jesus.

12. PRAYER TIME



15 Minutes

Take time to pray together.

13. RESOURCES

Inside the symbols to the right you will find resources that may be helpful in further study; or there might be suggested activities or ideas for experiences to help you and your group take the next step.



LOOK FOR A RESOURCE
INSIDE THESE SYMBOLS.



14. APPENDIX

Several elements are included in the appendix of this curriculum.

15. MEN'S/WOMEN'S DISCUSSION TIMES

Divide your group into men and women for some discussion time. Men and women can take discussions to a different level when in gender specific groups. You will decide when during the group to separate.

Option 1 – After you have talked about the sermon.

Option 2 – After the story has been told.

Option 3 – Separate for prayer time.

Within the structure of our home groups we have incorporated opportunities for the men and women to break out and meet separately. This allows for times when a deeper level of transparency and relational intimacy can take place. The plan is that 1 time each month your home group will separate the men and women into small groups for discussion of the story, scripture and prayer (See Break out Schedule Below). You will need to identify a man and a woman to facilitate each group; this can be yourself and your wife or someone else you choose.



BREAK-OUT DATES

Dates scheduled for the men's/
women's breakouts are for the
weeks of:

April 29, 2013

May 26, 2013



David & Goliath

Big Idea

Stressful situations expose the way my heart needs to grow in trusting God. How I respond to stress shapes my heart and character to be more like Jesus.

Things to wrestle with:

- > *What are the things in life that cause me to feel stressed?*
- > *How do I usually respond to stress?*
- > *How has God used stressful situations in my past? What has he already shown me about who He is?*
- > *How does stress challenge me to live what I believe and know about God?*

Daily Encounter: Reserve a daily time with God to know Him and His will through Bible reading, prayer, and reflection.

Day 1 - Matthew 11:28-30

Day 2 - Psalm 42

Day 3 - Psalm 43

Day 4 - Psalm 56

Day 5 - Romans 8:31-39

Day 6 - 1 Samuel 17

“
Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
-Matthew 11:28-30 (ESV)

Leader Tips:

As your group discusses this story that is usually pretty familiar ask questions that help you hear the answer to this - What do each of us believe about God that comes out when we are stressed?

Quote: “Fear distorts our perception of ourselves so that we seem weaker than we really are. It distorts the size of our problems so that they seem huge and undefeatable. But perhaps most significantly, fear distorts our picture of God... Fear reverses reality by making evil seem all conquering and God impotent. But God is not impotent. The Psalms bombard us with images of His power. He is a king (Ps. 47), a warrior (Ps 18:7-15), a rock (Ps 31:2), and a fortress (Ps. 46:7, 11.)”
- The Cry of the Soul, pg 99, Allender and Longman

 **Background Info:**

5 Minutes

Saul has been reigning for approximately 25 years now, but God has removed his spirit from Saul. David has been anointed by the prophet Samuel to eventually be the next King to lead God's people. The Philistines were an invading enemy force throughout Saul's reign, and the story of David and Goliath is just one of many battles fought between these two warring nations. Goliath's height in our measurements would be over 9 feet tall. His armor and weaponry weighed approximately 125 pounds. Notably, the Philistines had discovered iron-working and thus had much stronger weapons than Israel's less sophisticated weaponry. At the time of this story, David is about 16 years old.

 **Warm Up:**

15 Minutes

Pick one of the following to draw people together as a group or ask your own warm-up question.

1. If you could have one superpower, what would it be and why?
2. Describe one really stressful experience you have had. What happened?
3. What is one thing you do to reduce stress in your life?

 **Sermon Review Question**

5-10 Minutes

Share a point from the sermon that you would like to be able to share with those you care about in your life.

David & Goliath



Hearing God's Word together



5-10 Minutes

Before you tell the story **ask** people to listen for examples of what people believe about God.

Story Passage: I Samuel 17

This is a longer passage, but a familiar story. Try having someone tell the story. Rebuild the story as a group, then read it together. We suggest having two or three people read the story.



Rebuild the Story



5 Minutes



Exploring God's Word together



25-30 Minutes

There are more questions provided than you will have time for. Leaders: Choose the questions that are appropriate for your group. Feel free to develop your own questions to fit your group's growth and needs.

1. Who is feeling stress in this story? Why?
 - A. How long has this stand-off lasted?

2. What does David believe about God that makes his perspective of the situation different from everyone else's?

3. What stories does David tell Saul about his previous experiences with fighting an "enemy"?
 - A. What experiences has God already given you that have grown your trust in Him?
 - B. What experience is God giving you now that stretches your faith?

4. When Goliath taunts David, how does David respond?
 - A. How do stressful situations taunt you? What fears does stress stir up in your heart?
 - B. David shouts down Goliath's taunts by boasting in God. If you were to shout down a stressful situation by boasting in God, what would you say?

Exploring God's Word (continued)

5. Consider the stressors you face at work, at home, or in relationships. How does what you believe about God impact those things?

A. How can you be intentional about shifting your perspective in stressful situations?

6. David is in “King Training” – God is getting David ready for the things He has planned for him to do later. What is God developing in David’s character through this experience?

A. What might God be getting you ready for? What things is God developing in your character through the situations He has you in right now?

Faith in Action:



5-7 Minutes

Use one of these suggestions or create your own response to God.

1. Make a map of your Spiritual Journey. What experiences has God given you and how has He shaped you through them? Share your map with someone close to you. Pray about the ways God is developing your character now, and how He wants to use you in His kingdom.

2. Make a Family Boast List. Get together with your family and write down the things you want to boast in the Lord about. Consider posting it on the fridge and practicing your boasting about Jesus over the next several weeks.

3. If you know someone who is currently under a great deal of stress, spend some time with them just listening to them and praying with them.

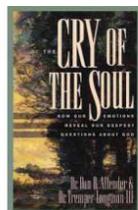
Prayer Time



15 Minutes

Take time to pray together.

Resources:



The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God

by Dr. Dan Allender & Dr. Tremper Longman III

Psalms Reading Plan

See the appendix for a reading plan through the Psalms on page 28.

David & Abigail

Big Idea

Stressful situations challenge my heart to trust God more, and God works through these situations including the ones involving money, job and the economy to shape my character to be more like Him.

Things to wrestle with:

- > *When I feel stressed, how do I respond?*
- > *How do I respond to others when I feel stressed?*
- > *What is stress exposing about my character?*
- > *What character issues is God addressing in my heart as I deal with stress?*
- > *What habits do I need to nurture to handle stress God's way?*

Daily Encounter: Reserve a daily time with God to know Him and His will through Bible reading, prayer, and reflection.

Day 1 - Psalm 23

Day 2 - Psalm 34

Day 3 - Psalm 37

Day 4 - Psalm 73

Day 5 - Matthew 6:8-34

Day 6 - I Samuel 25

“
Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?
-Matthew 6:25-26

Background Info:



5 Minutes

This story takes place while David is on the run from King Saul. David has spared King Saul's life out of respect for him as God's anointed. However, David and his army of 600 men must continue to hide out in the wilderness. They camp out near the place where a wealthy man, Nabal, is keeping his flocks. David's men help protect the flocks from Ishmaelite raiders. David does not demand payment for this service, but instead asks Nabal to provide whatever he might have on hand to help feed his men.

**Warm Up:**

15 Minutes

Pick one of the following to draw people together as a group or ask your own warm-up question.

1. When has God provided for and protected you and those you love?
2. What is one evidence of God's care for you TODAY?
3. If you were to watch 30 min. of TV or a movie, what would American culture say (or the TV/movie characters say) helps when we are hurting or stressed?
4. How can you tell when you are stressed or when your spouse/friend or coworker is stressed?

**Sermon Review Question**

5-10 Minutes

If you only had a post-it note to take notes on, what would you write down from last week's sermon?

**Hearing God's Word together**

5-10 Minutes

Before you tell the story **ask** people to listen for examples of how God is protecting and providing for His people.

Story Passage: I Samuel 25.

Ask someone to tell the story passage or as a group to read the passage.

**Rebuild the Story**

5 Minutes

David & Abigail



Exploring God's Word together



25-30 Minutes

There are more questions provided than you will have time for. Leaders: Choose the questions that are appropriate for your group. Feel free to develop your own questions to fit your group's growth and needs.

1. Who is feeling stress in this story and why? Think about each main character: David, Nabal and Abigail.
 - A. How does each one respond to the stress they feel?
 - B. Why do you think David responds the way he does?

2. Re-read Abigail's talk with David (verses 24-31.) What stands out to you?
 - A. What character traits do you see in Abigail?
 - B. How is Abigail demonstrating trust in God?

3. How does Abigail challenge David to trust God?
 - A. How do you think this experience helps David grow in trusting God?

4. Abigail reminds David of his past, and points to his future. What's the cost for David if he doesn't listen to her?
 - A. What does it cost you when you don't trust God to provide? What's a roadblock in trusting God to provide?
 - B. How does thinking about what God has you for you in the future help you trust him now?

5. What experiences challenge you to trust God with finances, with His provision and His protection over you and those under your care?
 - A. What habits or disciplines help you to trust God for His provision and protection?

6. What does it look like for you to influence others to trust Jesus more - especially in the area of finances? Who is in your sphere of influence?

Faith in Action: 

5-7 Minutes

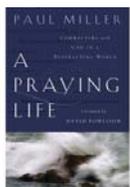
What is God speaking to you through His Spirit, His Word and His people? Use one of these suggestions or create your own response to God.

1. Memorize one promise of God this week and share it with a friend.
2. Practice thankfulness. This week be intentional about thanking God for His care for you. Make a list and post it on the frig. Be intentional, each day, about telling others what you are thankful for.
3. Intentionally take some time with your spouse this week to talk about finances and stress. Ask each other: what stresses you about money? This is a time to listen; not fix or defend or accuse. Pray together asking God to grow you in trusting Him.
 - A. If you are single, write down what stresses you about money. Share with a friend and pray together.
4. As a family, invite your kids to join you in praying about something that you as a family need to trust God for. Watch to see what happens and celebrate together as a family.

Prayer Time

15 Minutes

Take time to pray together.

Resources:**A Praying Life:**

Connecting with God in a Distracting World
by Paul Miller

Paul Miller writes, "To be cynical is to be distant...A praying life is just the opposite. It engages evil. It doesn't take no for an answer. The psalmist was in God's face, hoping, dreaming, asking. Prayer is feisty. Cynicism, on the other hand, merely critiques. It is passive, cocooning itself from the passions of the great cosmic battle we are engaged in. It is without hope." (A Praying Life, 79)

David & Absalom

Big Idea

God uses relationships and even the tension in relationships to draw us to him, to grow our trust in Him and to shape our character to be more like Jesus.

Things to wrestle with:

- > *How do I handle the stress of relational conflict or tension?*
- > *How does God want to grow me through the tensions I experience in my relationships with others?*
- > *What do I need to trust God for as I walk through relational stress?*
- > *In what ways does my heart need to grow in trusting God when it comes to my relationships?*

○ **Daily Encounter:** Reserve a daily time with God to know Him and His will through Bible reading, prayer, and reflection.

Day 1 - 2 Samuel 15:1-18

Day 2 - Psalm 25:1-7

Day 3 - Psalm 25:8-15

Day 4 - Psalm 40:1-5

Day 5 - Psalm 55

Day 6 - I Peter 5:7-10

○ **Leader Tips:**
Create a way for men and women to have a discussion time in your home group. Men and women can take discussions to a different level in gender specific groups. This allows for times when a deeper level of transparency and relational intimacy can take place.

“

Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.
-I Peter 5:7-10

”

Background Info:

5 Minutes

We were created for relationships. We need a relationship with God and with others. AND relationships get messy. Growing to trust God and responding to direction of the Holy Spirit in the midst of the stress and mess of relationships is part of following Jesus. There can be miscommunication, misunderstandings, different expectations, lack of time, differing needs, and conflict. Jesus prayed for our unity with one another in John 17. He knows relationships are both key and challenging.

David was no stranger to the stress relationships bring. In fact, David's family is filled with tension. One of David's sons, Amnon, desires his half-sister, Tamar, and rapes her. Tamar's brother, Absalom kills Amnon for this offense and then runs away. Although David is grieved, he does not address his family's brokenness. This 11 year saga ends in Absalom revolting against his father and attempting to take over the kingdom. The Bible gives us a picture of real people and real situations. These people give us both good and bad examples to help us understand how to live out God's heart in the midst of our own real life. We take a look at a snapshot with Absalom and a psalm that David wrote expressing his own stress and tension.

Warm Up:

15 Minutes

Pick one of the following to draw people together as a group or ask your own warm-up question.

1. What is the most outrageous , crazy family event you have ever experienced?
2. What are some common reactions to a crisis? -(a crisis might be - losing a job, having to move immediately, or conflict where someone was intent on doing you wrong)
3. List some things that Americans worry or express fear about.

Sermon Review Question

5-10 Minutes

What is one question you have about last week's sermon?

Hearing God's Word together

5-10 Minutes

Before you tell the story **ask** people to listen for the relationships involved in this difficult snapshot.

Story Passage: 2 Samuel 15:1-18. Ask someone to tell the story passage or, as a group, read the passage.

David & Absalom



Rebuild the Story



5 Minutes



Exploring God's Word together



25-30 Minutes

There are more questions provided than you will have time for. Leaders: Choose the questions that are appropriate for your group. Feel free to develop your own questions to fit your group's growth and needs.

Story Questions on 2 Samuel 15:1-18

1. Who might be feeling stress in this story and why?
 - A. Why do you think David responded as he did?
2. Why is it valuable that God chose to record this story?
 - A. What part of the story stands out to you?
 - B. What are the positive and negative examples you see in this story?
 - C. Discuss some of the patterns of handling relationships that may have been at work in this snapshot.
3. What has been your approach to handling relational tension, especially when things seem to go from bad to worse?
 - A. Are you more of a "fight" or "flight" person in relational stress?
4. What does it look like for you to pursue the kind of peace God promises in the midst of your relationships?

Additional Passage: Psalm 55 – David wrote this Psalm in the context of fleeing from Absalom.

1. How is David processing his stress?
 - A. What does it look like for you to process stress with God?
2. What does David remember about God?
 - A. How does that change the way David feels about the difficulty in his life?
 - B. What truths about God can we hold onto and encourage each other with in the midst of stress?

Exploring God's Word (continued)

3. Name some things you get to believe about God in the midst of tension in relationships?

A. What are some new attitudes you would like to practice in the midst of stress?

Faith in Action:



5-7 Minutes

What is God speaking to you through His Spirit, His Word and His people? Use one of these suggestions or create your own response to God.

1. Pray daily for the relationship in which you feel the most stress. Ask others to pray for you daily as well, that your heart would be changed by God in this situation.
2. Is there a relational tension you have been avoiding? What would it look like to follow up on that situation this week? If you need help in identifying the next step you can take in this relationship, talk it over with a trusted friend or your home group leader.
3. Take some time with your spouse and talk through ways you can be more intentional in dealing with tensions you face as parents, with extended family and even with each other. Decide on three things you can do to respond to these stresses in ways that honor God.
4. Do you have stress at work? How can you be a person who pursues peace at work? What habits and attitudes can you practice there that would reflect what you believe about God and how He wants you to deal with stress? Make a list of three ways you can be a “peace pursuer” at your workplace and share it with a close friend who can keep you accountable.

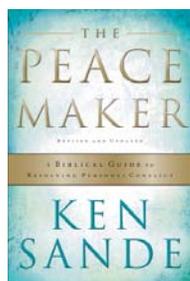
Prayer Time



15 Minutes

Take time to pray together.

Resources:



The Peacemaker

by Ken Sande

In *The Peacemaker*, Ken Sande presents a comprehensive and practical theology for conflict resolution designed to bring about not only a cease-fire but also unity and harmony. Sande takes readers beyond resolving conflicts to true, life-changing reconciliation with family members, coworkers, and fellow believers.

David Desires to Build a Temple

Big Idea

Trusting God's heart and promises to direct my steps and choices are what brings peace for the future.

Things to wrestle with:

- > *How is my understand of who God is and what He is doing growing?*
- > *What are my desires and concerns for the future?*
- > *How does my relationship with God impact those desires and concerns?*

Daily Encounter: Reserve a daily time with God to know Him and His will through Bible reading, prayer, and reflection.

Day 1 - 2 Samuel 7:1-17

Day 2 - 2 Samuel 7:18-29

Day 3 - Philippians 4:4-9

Day 4 - Jeremiah 29:11; Proverbs 3:5,6

Day 5 - Psalm 139

Day 6 - Psalm 148

“
Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
-Philippians 4:6-7
”

Leader Tips:

There is about a month left in the regular home group season. Remember doing life together, building relationships of trust, caring and encouraging each other to grow as disciples and disciplemakers does not end; it does look different in the summer. Begin to make a summer plan for your group. We will have a celebration week June 9. Plan how to help your group celebrate and review what God has done in their lives and your group this year. Be intentional and creative.

Background Info:

5 Minutes

This snapshot of David's life occurs after David is anointed king over all of the tribes of Israel. He ran from Saul for nearly ten years. After Saul died David was king over two tribes of Israel for seven years while one of Saul's sons ruled over the other ten tribes. Through a series of events that involved betrayal, murder and a potential coup the other ten tribes asked David to be their king. David moved his capital from Hebron to Jerusalem setting up his rule over the entire Jewish territory. Part of setting up his kingdom had been to bring the ark of the covenant to Jerusalem. Our story picks up when David was settled and was perhaps considering what to do with his future.

Warm Up:

15 Minutes

Pick one of the following to draw people together as a group or ask your own warm-up question.

1. When you were growing up what did you want to be? or Pretend you are a kid again, if someone asked you what you wanted to be when you grow up, how would you answer?
2. When you think of the 'future' what comes to mind?
3. If you could invent something to change how we live in the future what would you invent or what would you want invented?

Sermon Review Question

5-10 Minutes

What question would you like to ask about last week's sermon?

Hearing God's Word together

5-10 Minutes

Before you tell the story **ask** people to listen to how God responded to David and his future.

Story Passage: 2 Samuel 7. This is a longer passage, so consider dividing it into two passages - vv. 1-16 and vv. 17-29 to be read out loud. Or have two different people tell each part.

David Desires to Build a Temple



Rebuild the Story



5 Minutes



Exploring God's Word together



25-30 Minutes

There are more questions provided than you will have time for. Leaders: Choose the questions that are appropriate for your group. Feel free to develop your own questions to fit your group's growth and needs.

1. Describe the scene in this passage. What is your favorite part?

2. What things does God recall and use to remind David?
 - A. What would be significant events in your life that remind you of God at work in your life? or What are the events for your family?
 - B. When you think of the 'future' what could cause you stress?
 - C. How does God working in history impact your view of the future?

3. How is David reminded not only of what God has done but who God is?
 - A. What attributes of God come to mind when you are making choices and decisions?
 - B. What do you know about God that continues to grow your trust?

4. What do you think the focal point was in God's response to David?
 - A. How do you discover what promises and plans God invites you to be a part of?
 - B. What promises do you hold on to when you feel stress about the future?
 - C. Part of God's response included a "no" to David's own plans. How do you feel when God says no to your plans?

5. Describe David's response to God, the Lord of Hosts. How would you have felt if you were David?
 - A. Currently what role does prayer have in your life as you think about the future?
 - B. How does your conversation with God include future generations?

6. What about this snapshot of David's life encourages or challenges you when it comes to the stress you experience in your life?

Faith in Action:

5-7 Minutes

What is God speaking to you through His Spirit, His Word and His people? Use one of these suggestions or create your own response to God.

1. Make a reminder of how God has worked in your life in the past. This could be a list, a timeline-, a road map, a poem, a diagram., whatever is your style. Just find a way to remember the history of God at work in you life. Share it with your family or trusted friend. Take time each day this week to read over it and to thank God for how he has worked in your life.
2. Read through five or more different Psalms. Notice in reading them who they say God is. In your prayer time consciously think about those characteristics of God as you pray about what causes you to be anxious. Or get a book or list of God's names and attributes meditate on one of his names during the day. Focus on who God is in your conversation with him.
3. Examine your plans for the future, whether they are specific goals you are working towards, or just ideas you have, or worries that stress you. Invite God to direct your future and your families' future. Talk this over with your spouse, children and/or a good friend.
4. Think through your life and week. Identify what is or what could cause you stress. Make a plan for responding to stress which includes remembering how God has worked in your life. Pause, Remember, Praise, Breathe, Trust.

Prayer Time

15 Minutes

Take time to pray together.

Resources:**The Appendix**

In our appendix, we have included biblical names of God, Jesus, and the Holy Spirit on page 29 and a Psalms Reading Plan on page 28.

David & Saul in the Cave

Big Idea

Trusting God in practical ways is the best stress management. God calls us to trust Him and his ways even in the midst of situations that seem to threaten our security.

Things to wrestle with:

- > *In what ways do I try to control situations that cause me stress?*
- > *What are my patterns of managing stress?*
- > *What are my patterns of pursuing peace?*
- > *How does my culture impact my view of stress, ways of dealing with stress, and my expectations about stress?*



Daily Encounter: Reserve a daily time with God to know Him and His will through Bible reading, prayer, and reflection.

Day 1 - 1 Samuel 24

Day 2 - Psalm 20

Day 3 - Psalm 57

Day 4 - 2 Timothy 1:7, Isaiah 41:10

Day 5 - Isaiah 40



Background Info:

After killing Goliath, David becomes a very popular national hero and Saul becomes a very jealous King. Saul repeatedly pursues and attempts to kill David. David's life and the lives of his men are consistently in danger for several years as they are relentlessly pursued by Saul's army. This snapshot shows us the choice David makes when he has the opportunity to take control and end this stressful experience.



But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine.

When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

For I am the Lord your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you.

-Isaiah 43:1-3



5 Minutes

**Warm Up:**

15 Minutes

Pick one of the following to draw people together as a group or ask your own warm-up question.

1. When you play a game with an opponent and clearly have the advantage, are you most likely to “crush the opponent” or “give them an opportunity” to win? Why?
2. Share a time when you felt peaceful or safe. What made it that way?
3. Describe a test that you had to take at some point in your life. How did you feel about that experience?

**Sermon Review Question**

5-10 Minutes

What are you still thinking about from last week’s sermon?

**Hearing God’s Word together**

5-10 Minutes

Before you tell the story **ask** people to listen for what challenges David faced.

Story Passage: I Samuel 24:1-19. Ask someone to tell the story passage or as a group to read the passage.

**Rebuild the Story**

5 Minutes

David & Saul in the Cave



Exploring God's Word together



25-30 Minutes

There are more questions provided than you will have time for. Leaders: Choose the questions that are appropriate for your group. Feel free to develop your own questions to fit your group's growth and needs.

Story Passage: 1 Samuel 24:1-19

1. When David saw Saul enter the cave, what do you think he might have been feeling and thinking?
 - A. What do you suppose his men were thinking and feeling?
2. What are some of the beliefs that people hold about going through difficult times?
 - A. When you feel you or someone you care about's security is threatened, how do you respond?
 - B. What is easy for you in handling stress? What is hard?
3. Why do you think David chose to respond the way he did?
 - A. How did David's actions impact his enemy?
 - B. What do you think the impact was on his own men?
4. How do your choices to deal with stress influence the lives of others?

Additional Passage: Psalm 57 - This Psalm gives us insight into David's relationship with God as he reflects on the cave experience.

1. What words in this Psalm express what David was experiencing?
 - A. What are your "red flags" that you're under stress?
 - B. What thoughts does he verbalize about God?
 - i. Which ones do you relate to?
2. Think about a time of crisis or stress in your life. How do you typically respond to the stress?
 - A. How do you view God in those moments?
 - B. What is changing in how you view and respond to life stressors?

Exploring God's Word together

3. As we have looked at snapshots of David and discussed different aspects of stress what have you discovered about God?

A. What have you become aware of about yourself and stress?

B. What adjustments is the Holy Spirit helping you make in what you believe and how you respond?

Faith in Action:



5-7 Minutes

What is God speaking to you through His Spirit, His Word and His people? Use one of these suggestions or create your own response to God.

1. Evaluate how you respond to stressful situations this week. Look at your actions and thinking. What do those responses show you about what you believe about God and people?

2. Read through the attributes of God in the appendix. Chose one that seems to apply to a situation that causes you stress or threatens your security. Write out the name/attribute and verse on a card. Think through how trusting God in that way impacts how you respond to the situation. Make a plan of how to respond.

3. Take one of the Psalms and personalize it. Share it with your family and/or close friend.

4. In the midst of your day or stressful moment - stop, breathe, take a moment to be still and know he is God. Change your tone of voice, or body posture as you remind yourself who you trust in and where your security and protection comes from.

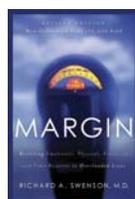
Prayer Time



15 Minutes

Take time to pray together.

Resources:



Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives

by Richard Swenson

The Appendix

In our appendix, we have included biblical names of God, Jesus, and the Holy Spirit along with attributes on page 29.

Suggested Reading Plan for the Psalms

There are 150 Psalms written by a variety of authors over a period of nearly 1000 years. David is credited to writing almost half of them. Psalms is a book of Hebrew poetry that express the relationship between God and his people, his activities in their lives and their responses to them. The Psalms are written from the human perspective as authors work their way through various life situations. They wrestled with how God was dealing with them personally and as a community. The theme of seeking to understand God's attributes and how they relate to life experiences is found consistently through out this book.

If you read 5 Psalms a day you can read through the book in a month. Here are a few suggested ways.

1. DATE + 30 METHOD

- >> Take the date and read that Psalm (e.g. April 8 = Psalm 8).
- >> Add 30 to the date and read that Psalm (e.g. April 8 = 8+30 = Psalm 38).
- >> Continue two additional times (e.g. Psalm 98 and Psalm 128).

Note: Read Psalm 119 on the 31st of the month.

2. FIVE-A-DAY

- >> Read 5 Psalms each day.

1-5	51-55	101-105
6-10	56-60	106-110
11-15	61-65	111-115
16-20	66-70	116-118,120
21-25	71-75	121-125
26-30	76-80	126-130
31-35	81-85	131-135
36-40	86-90	136-140
41-45	91-95	141-145
46-50	96-100	146-150
		119

As you read consider using these ABCD questions.

- >> What **Attitudes** do you see the writer displaying toward God? (Humility, anger, trust, etc.)
- >> What **Beliefs** does the writer hold about God? How do my beliefs compare?
- >> What **Choices** does he make as a result? How do my choices compare?
- >> What **Discoveries** does he make? What have I discovered about God, His character today?

Biblical Names, Titles & Attributes of God

A

able (Dan. 3:17; Matt. 9:28; Rom. 16:25; II Cor. 9:8; Eph. 3:20; II Tim. 1:12; Heb. 7:25)
 abounding in love and faithfulness (Ex. 34:6)
 Adam, the last (I Cor. 15:45)
 advocate (Job 16:19; I John 2:1)
 all (Col. 3:11)
 Almighty, the (Job 5:17)
 Alpha (Rev. 1:8; 21:6)
 Amen, the (Rev. 3:14)
 Ancient of Days (Dan. 7:22)
 Anointed One (Psalm 2:2; Acts 4:27)
 apostle and high priest (Heb. 3:1)
 architect and builder (Heb. 11:10)
 atoning sacrifice (I John 2:2)
 author and perfecter of our faith (Heb 12:2)
 avenger (II Sam. 22:48; Psalm 94:1)
 awesome (Exodus 15:11; Neh. 1:5; Dan. 9:4)

B

baby (Luke 2:16)
 banner for the peoples (Isaiah 11:10)
 beauty (Psalm 27:4; Isaiah 33:17)
 Beginning, the (Rev. 21:6)
 Branch of the Lord (Isaiah 4:2)
 bread of life (John 6:35)
 breath of the Almighty (Job 32:8; 33:4)
 bridegroom (Matt. 9:15)
 bright, Morning Star (Rev. 22:16)
 brightness (Psalm 18:12)
 brother (Heb 2:11)
 brother of James, Joseph, Judas and Simon (Mark 6:3)

C

carpenter (Mark 6:3)
 Chosen One (Luke 23:35)
 Christ, the (Matt. 16:16)
 comforter (II Cor. 1:4)
 Commander of the Lord's army (Joshua 5:15)
 confidence (Psalm 71:5)
 compassionate (Psalm 103:8)
 consolation of Israel (Luke 2:25)
 Counselor, Wonderful (Isaiah 9:6)
 covenant for the people (Isaiah 42:6)
 Creator of the ends of the earth (Isaiah 40:28)
 crown, glorious (Isaiah 28:5; 62:3)

D

defender (Psalm 68:5)
 deliverer (II Sam. 22:2; Psalm 18:2)
 desired of all nations (Haggai 2:7)
 despised by men (Isaiah 53:3)
 diadem, a royal (Isaiah 28:5; 62:3)
 dwelling place (Psalm 90:1)

E

eagle that leads His people (Deut. 32:11)
 End, the (Rev. 21:6)
 eternal life (John 11:25; 17:3)
 Everlasting Father (Isaiah 9:6)
 everlasting to everlasting (Neh. 9:5)
 exalted (Ex. 15:1; Job 36:22; Isaiah 6:1)

F

Faithful and True (Rev. 19:11)
 familiar with suffering (Isaiah 53:3)
 Father (Matt. 11:25)
 father of the fatherless (Psalm 68:5)
 Fear of Isaac (Genesis 31:42)
 fire, a consuming (Deut. 4:24)
 First, the (Isaiah 44:6; Rev. 22:13)
 firstborn among many brothers (Romans 8:29)
 fortress (Psalm 18:2; 91:2)
 foundation (I Cor. 3:11)
 fountain of life (Psalm 36:9; 87:7)
 friend (Job 16:20)
 friend of tax collectors and sinners (Matt. 11:19)

G

gardener (John 15:1)
 gate for the sheep (John 10:7)
 gift, indescribable (II Cor. 9:15)
 giver (James 1:17)
 Glory (Psalm 106:20; Jer. 2:11)
 GOD
 Most High (Gen. 14:18)
 of Abraham, Isaac, & Jacob (Exodus 3:16)
 of all comfort (II Cor. 1:3)
 of all the kingdoms of the earth (II Kings 19:15)
 of gods (Deut. 10:17)
 of heaven and earth (Ezra 5:11)
 of our fathers (Deut. 26:7)
 of peace (Rom. 16:20; I Thes. 5:23)

Biblical Names, Titles & Attributes of God

G (continued)

GOD (continued...)
 who does wonders (Psalm 77:14)
 who sees (Genesis 16:13)
 gracious (Isaiah 30:18; Neh. 9:17)
 guarantee (II Cor. 1:22; 5:5; Heb. 7:22)
 guide (Psalm 48:14)

H

he who turns blackness into dawn (Amos 5:8)
 head of the body, the church (Col. 1:18)
 head over every power & authority (Col 2:10)
 heart-searcher (Rom. 8:27; Rev. 2:23)
 heir of all things (Heb. 1:2)
 help in trouble, an ever present (Ps. 46:1; Heb. 13:6)
 help of the fatherless (Psalm 10:14)
 hiding place (Psalm 32:7)
 high priest, a merciful & faithful (Heb. 2:17)
 him who is able to keep you from falling (Jude 24)
 him who is able to present you before His glorious presence without fault and with great joy (Jude 24)
 holiness, our (I Cor. 1:30)
 holy (Lev. 11:44; Joshua 24:19; I Sam. 2:2; Isaiah 6:3; Rev. 4:8)
 Holy One (Isaiah 43:15; Luke 1:35; I John 2:20)
 Holy Spirit (Psalm 51:11; John 14:26)
 home (Psalm 84:3 & 4; Psalm 90:1)
 hope (Psalm 71:5)
 horn of my salvation (II Sam. 22:3; Psalm 18:2)
 husband, my (Is. 54:5; Jer. 3:14; Hs. 2:16; II Cor. 11:2)

I

I AM (Exodus 3:14; John 8:58)
 Immanuel, God with us (Matt. 1:23)
 immortal (I Tim. 1:17)
 inheritance, their (Ezek. 44:28)
 intercessor, my (Job 16:20; Isaiah 53:12; Romans 8:26)
 invisible (I Tim. 1:17)

J

Jealous (Ex. 34:14)
 Jesus (Matt. 1:21)
 Judge of the earth (Psalm 94:2; II Cor. 5:10; II Tim.4:8)
 just (Deut. 32:4)
 justifier (Romans 3:26)

K

keeper (Psalm 121:7; cf. also John 10:29)
 key-holder (Rev. 1:18)
 kind, kindness (Isaiah 54:8; Luke 6:35; Eph. 2:7)
 King (Psalm 24:7; 44:4; 47:7; 74:12; 95:3; Jer. 10:10; Daniel 4:37)
 kinsman-redeemer (Ruth 3:9)
 knowing (Psalm 139:1ff)

L

Lamb of God (John 1:29)
 Lamp, my (II Sam. 22:29)
 Last, the (Isaiah 44:6; Rev. 22:13)
 Lawgiver (James 4:12)
 leader (Isaiah 55:4)
 life eternal (I John 5:20)
 life, our (Col. 3:4)
 light of the world (John 8:12; I John 1:5)
 lily of the valleys (Song of Songs 2:1)
 Lion of the tribe of Judah (Rev. 5:5)
 living water (John 7:38)
 longsuffering (Jeremiah 15:5)
 Lord (Luke 2:11)
 Lord, Most High (Psalm 7:17)
 Lord of Lords (Rev. 19:16)
 love (I John 4:8)
 lover (John 3:16)

M

magnificent (Isaiah 28:29)
 Maker of all things (Psalm 146:6; Jer. 10:16)
 Majestic Glory (II Peter 1:17)
 majestic in power, holiness (Exodus 15:6 & 11)
 Majesty on high (Heb. 1:3)
 man (Acts 2:22)
 manna (John 6:49 & 50)
 man of sorrows (Isaiah 53:3)
 Master (Luke 5:5; II Tim. 2:21)
 mediator (I Tim. 2:5)
 merciful (Heb. 2:17)
 Messiah (John 1:41)
 Mighty God (Isaiah 9:6)
 Morning Star (II Peter 1:19; Rev. 22:16)

N

name above all names (Phil. 2: 9 & 10)
 Nazarene (Matt 2:23)
 need meeter (Phil. 4:19)

Biblical Names, Titles & Attributes of God

O

obedient son (Luke 2:51; Phil. 2:8; Heb. 5:8)
 offering (Romans 8:3)
 offering and sacrifice to God (Eph. 5:20)
 Omega (Rev. 1:8)
 one and only Son (John 1:14; 3:16)
 one greater than Solomon (Matt. 12:42)
 owner (II Cor. 1:22)

P

pardoner (Micah 7:18)
 Passover Lamb (I Cor. 5:7)
 pasture (Jeremiah 50:7)
 patient (II Peter 3:9; Rom. 9:22)
 peace, our (Eph. 2:14)
 perfecter (Hebrews 12:2)
 physician (Luke 4:23)
 portion, my (Psalm 119:57)
 possession, their (Ezekial 44:28)
 potter (Isaiah 64:8; Romans 9:21)
 power of God (I Cor. 1:24)
 praise of Israel (Psalm 22:3)
 priest forever (Heb. 5:6)
 Prince and Savior (Acts 5:31)
 Prince of Peace (Isaiah 9:6)
 promise, the Father of (Acts 1:4)
 Prophet, the (John 7:40)
 purifier (Malachi 3:3)

Q

quieter (Psalm 23:2; Zeph. 3:17)

R

Rabbi (John 3:2)
 Rabboni (John 20:16)
 radiance of God's glory (Heb. 1:3)
 ransom for all (I Tim. 2:6)
 reaper (Rev. 14:15)
 reason for our hope (I Peter 3:15)
 Redeemer, my (Job 19:25; Psalm 19:14)
 refiner (Malachi 3:3)
 refuge and strength (Psalm 46:1)
 refuge from the storm (Psalm 9:9; Isaiah 25:4)
 resting place (Jer. 50:6)
 restorer (Psalm 51:12; Lam. 5:21; I Peter 5:10)
 resurrection and the life (John 11:25)

R (continued)

revealer of mysteries (Daniel 2:29)
 reward, your very great (Gen. 15:1)
 righteousness, our (Jer. 23:6; I Cor. 1:30)
 Rock of my salvation (Psalm 89:26)
 rock of offense (I Peter 2:8)
 Root and the Offspring of David (Rev. 22:16)
 rose of Sharon (Song of Songs 2:1)
 ruler over the kings of the earth (Rev. 1:5)

S

sacrifice (Eph. 5:2)
 salvation, my (Exodus 15:2; Psalm 27:1)
 sanctuary (Isaiah 8:14)
 Savior (John 4:42; Acts 13:23; I Tim. 4:9)
 scepter (Num. 24:17)
 seal (Eph. 1:13)
 seeker (Psalm 119:176; Luke 15:4; 19:10)
 servant, holy (Isaiah 53:11; Acts 4:27)
 shade (Psalm 121:5)
 shelter (Psalm 31:20; 61:4; 91:1)
 Shepherd and Overseer of your souls
 (I Peter 2:25)
 Shepherd of the sheep (John 10:11;
 Hebrews 13:20)
 shield for me (Psalm 3:3)
 Son of God (John 1:49; I John 4:9)
 Son of Man (Matt. 12:40; 24:27)
 song, my (Psalm 118:14)
 sovereign Lord (Habakuk 3:19; Luke 2:29)
 sower (Matt. 13:3)
 Spirit of
 grace (Heb. 10:29)
 holiness (Rom. 1:4)
 life (Rom. 8:2)
 truth (John 14:17; 15:26)
 wisdom & understanding (Isaiah 11:2)
 spring of living water (Jer. 2:13)
 star (Num. 24:17)
 stone which the builder rejected (I Peter 2:7)
 stone, a living (I Peter 2:4)
 strength (Psalm 18:1; 28:7; 46:1; 73:26)
 stronghold, my (II Sam. 22:3; Psalm 9:9; 27:1; 43:2)
 sun (Luke 1:78; Psalm 84:11)
 support, my (II Sam. 22:19; Psalm 18:18)
 sustainer (Psalm 55:22; Isaiah 46:4)
 sword, glorious (Deut. 33:29)

Biblical Names, Titles & Attributes of God

T

teacher (Mark 9:17; John 3:2)
thirst quencher (John 4:13 & 14)
tower from the enemy (Psalm 61:3)
trap and snare (Isaiah 8:14)
truth, the (John 14:6)
treasure (II Cor. 4:7; Col. 2:3)

U

unchanging (James 1:17)
unique son of God (John 3:16)

V

victor (Psalm 45:4; I Cor. 15:54)
vindicator (Psalm 24:5)
vine, the (John 15:5)
voice of the Lord (Psalm 29:3)

W

warrior (Exodus 15:3)
waters, gently flowing (Isaiah 8:6)
way, the (John 14:6)
wisdom from God (I Cor. 1:30)
witness to the people (Job 16:19;
Isaiah 55:4; Rev. 3:14)
wonderful (Isaiah 9:6)
Word of God (Rev. 19:13)
Word of Life (I John 1:1)
worthy (Heb. 3:3; Rev. 5:12)

X

xalted (Ex. 15:1; Job 36:22; Isaiah 6:1)

Y

Yahweh - I AM (Exodus 3)

Z

zealous (Ezekial 39:25)
Zion's King (Psalm 2:6; 9:11)

Scriptures to Help with Stress

Genesis 50: 19-21

But Joseph told them, “Don’t be afraid of me. Am I God, to judge and punish you? 20 As far as I am concerned, God turned into good what you meant for evil. He brought me to the high position I have today so I could save the lives of many people. 21 No, don’t be afraid. Indeed, I myself will take care of you and your families.” And he spoke very kindly to them, reassuring them.

Deuteronomy 4: 30-31

“When those bitter days have come upon you far in the future, you will finally return to the LORD your God and listen to what he tells you. 31 For the LORD your God is merciful – he will not abandon you or destroy you or forget the solemn covenant he made with your ancestors.

Psalms 23

A psalm of David. The LORD is my shepherd; I have everything I need. 2 He lets me rest in green meadows; he leads me beside peaceful streams. 3 He renews my strength. He guides me along right paths, bringing honor to his name. 4 Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. 5 You prepare a feast for me in the presence of my enemies. You welcome me as a guest, anointing my head with oil. My cup overflows with blessings. 6 Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.

Psalms 27

A psalm of David. The LORD is my light and my salvation – so why should I be afraid? The LORD protects me from danger – so why should I tremble? 2 When evil people come to destroy me, when my enemies and foes attack me, they will stumble and fall. 3 Though a mighty army surrounds me, my heart will know no fear. Even if they attack me, I remain confident. 4 The one thing I ask of the LORD – the thing I seek most – is to live in the house of the LORD all the days of my life, delighting in the LORD’s perfections and meditating in his Temple. 5 For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. 6 Then I will hold my head high, above my enemies who surround me. At his Tabernacle I will offer sacrifices with shouts of joy, singing and praising the LORD with music. 7 Listen to my pleading, O LORD. Be merciful and answer me! 8 My heart has heard you say, “Come and talk with me.” And my heart responds, “LORD, I am coming.” 9 Do not hide yourself from me. Do not reject your servant in anger. You have always been my helper. Don’t leave me now; don’t abandon me, O God of my salvation! 10 Even if my father and mother abandon me, the LORD will hold me close. 11 Teach me how to live, O LORD. Lead me along the path of honesty, for my enemies are waiting for me to fall. 12 Do not let me fall into their hands. For they accuse me of things I’ve never done and breathe out violence against me. 13 Yet I am confident that I will see the LORD’s goodness while I am here in the land of the living. 14 Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.

Scriptures to Help with Stress

Psalm 32

A psalm of David. Oh, what joy for those whose rebellion is forgiven, whose sin is put out of sight! 2 Yes, what joy for those whose record the LORD has cleared of sin, whose lives are lived in complete honesty! 3 When I refused to confess my sin, I was weak and miserable, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude 5 Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. Interlude 6 Therefore, let all the godly confess their rebellion to you while there is time, that they may not drown in the floodwaters of judgment. 7 For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude 8 The LORD says, "I will guide you along the best pathway for your life. I will advise you and watch over you. 9 Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control." 10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD. 11 So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!

Psalm 34:4

I prayed to the LORD, and he answered me, freeing me from all my fears.

Psalm 37:1

Don't worry about the wicked. Don't envy those who do wrong. 2 For like grass, they soon fade away. Like springtime flowers, they soon wither. 3 Trust in the LORD and do good. Then you will live safely in the land and prosper. 4 Take delight in the LORD, and he will give you your heart's desires. 5 Commit everything you do to the LORD. Trust him, and he will help you...

Psalm 55:22

Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.

Psalms 94:19

When doubts filled my mind, your comfort gave me renewed hope and cheer.

Psalm 103:1-4

A psalm of David. Praise the LORD, I tell myself; with my whole heart, I will praise his holy name. 2 Praise the LORD, I tell myself, and never forget the good things he does for me. 3 He forgives all my sins and heals all my diseases. 4 He ransoms me from death and surrounds me with love and tender mercies. 5 He fills my life with good things. My youth is renewed like the eagle's!

Proverbs 3:5-6

Trust in the LORD with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will direct your paths.

Proverbs 12:25

Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 16:1-3

We can gather our thoughts, but the LORD gives the right answer. 2 People may be pure in their own eyes, but the LORD examines their motives. 3 Commit your work to the LORD, and then your plans will succeed.

Scriptures to Help with Stress

Proverbs 17:22

A cheerful heart is good medicine, but a broken spirit saps a person's strength.

Isaiah 40: 30-31

Even youths will become exhausted, and young men will give up. 31 But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Isaiah 41:10

Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.

Isaiah 43:1-3

But now, O Israel, the LORD who created you says: "Do not be afraid, for I have ransomed you. I have called you by name; you are mine. 2 When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. 3 For I am the LORD, your God, the Holy One of Israel, your Savior. I gave Egypt, Ethiopia, and Seba as a ransom for your freedom.

Isaiah 55:1-3

"Is anyone thirsty? Come and drink -- even if you have no money! Come, take your choice of wine or milk -- it's all free! 2 Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen, and I will tell you where to get food that is good for the soul! 3 "Come to me with your ears wide open. Listen, for the life of your soul is at stake. I am ready to make an everlasting covenant with you. I will give you all the mercies and unfailing love that I promised to David.

Jeremiah 16:19

LORD, you are my strength and fortress, my refuge in the day of trouble! Nations from around the world will come to you and say, "Our ancestors were foolish, for they worshiped worthless idols

Jeremiah 17:7-8

"But blessed are those who trust in the LORD and have made the LORD their hope and confidence. 8 They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit.

Habakkuk 3:17-19

Even though the fig trees have no blossoms, and there are no grapes on the vine; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, 18 yet I will rejoice in the LORD! I will be joyful in the God of my salvation. 19 The Sovereign LORD is my strength! He will make me as surefooted as a deer and bring me safely over the mountains.

Malachi 4:2

"But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.

Scriptures to Help with Stress

Matthew 6:8-34

Don't be like them, because your Father knows exactly what you need even before you ask him!⁹ Pray like this: Our Father in heaven, may your name be honored. ¹⁰ May your Kingdom come soon. May your will be done here on earth, just as it is in heaven. ¹¹ Give us our food for today,¹² and forgive us our sins, just as we have forgiven those who have sinned against us. ¹³ And don't let us yield to temptation, but deliver us from the evil one. ¹⁴ "If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins. ¹⁶ "And when you fast, don't make it obvious, as the hypocrites do, who try to look pale and disheveled so people will admire them for their fasting. I assure you, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will suspect you are fasting, except your Father, who knows what you do in secret. And your Father, who knows all secrets, will reward you. ¹⁹ "Don't store up treasures here on earth, where they can be eaten by moths and get rusty, and where thieves break in and steal.²⁰ Store your treasures in heaven, where they will never become moth-eaten or rusty and where they will be safe from thieves. ²¹ Wherever your treasure is, there your heart and thoughts will also be. ²² "Your eye is a lamp for your body. A pure eye lets sunshine into your soul. ²³ But an evil eye shuts out the light and plunges you into darkness. If the light you think you have is really darkness, how deep that darkness will be! ²⁴ "No one can serve two masters. For you will hate one and love the other, or be devoted to one and despise the other. You cannot serve both God and money. ²⁵ "So I tell you, don't worry about everyday life – whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing? ²⁶ Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. ²⁷ Can all your worries add a single moment to your life? Of course not. ²⁸ "And why worry about your clothes? Look at the lilies and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith! ³¹ "So don't worry about having enough food or drink or clothing. ³² Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, ³³ and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern. ³⁴ "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. ³⁰ For my yoke fits perfectly, and the burden I give you is light."

Luke 10:41-42

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 12:25-26

Can all your worries add a single moment to your life? Of course not! ²⁶ And if worry can't do little things like that, what's the use of worrying over bigger things?

John 14:1, 27

"Don't be troubled. You trust God, now trust in me. ²⁷ "I am leaving you with a gift – peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid."

Scriptures to Help with Stress

John 16:33

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”John 17:15-19

Romans 5:1-5

Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. 2 Because of our faith, Christ has brought us into this place of highest privilege where we now stand, and we confidently and joyfully look forward to sharing God’s glory. 3 We can rejoice, too, when we run into problems and trials, for we know that they are good for us – they help us learn to endure. 4 And endurance develops strength of character in us, and character strengthens our confident expectation of salvation. 5 And this expectation will not disappoint us. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

Romans 8:6, 26-29

If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace. ...26 And the Holy Spirit helps us in our distress. For we don’t even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. 28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 12:2

Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is..

2 Corinthians 4:17-18

For our present troubles are quite small and won’t last very long. Yet they produce for us an immeasurably great glory that will last forever! 18 So we don’t look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.

2 Corinthians 12:9-10

Each time he said, “My gracious favor is all you need. My power works best in your weakness.”So now I am glad to boast about my weaknesses, so that the power of Christ may work through me. 10 Since I know it is all for Christ’s good, I am quite content with my weaknesses and with insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Philippians 4:4-8

Always be full of joy in the Lord. I say it again – rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.

Scriptures to Help with Stress

Philippians 4:13

For I can do everything with the help of Christ who gives me the strength I need

Philippians 4:19

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

James 1:2-4

Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. 3For when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.

James 5:11

We give great honor to those who endure under suffering. Job is an example of a man who endured patiently. From his experience we see how the Lord's plan finally ended in good, for he is full of tenderness and mercy.

Hebrews 13:5-6

Stay away from the love of money; be satisfied with what you have. For God has said, "I will never fail you. I will never forsake you." 6 That is why we can say with confidence, "The Lord is my helper, so I will not be afraid. What can mere mortals do to me?"

1 Peter 5:6-7

So humble yourselves under the mighty power of God, and in his good time he will honor you. 7Give all your worries and cares to God, for he cares about what happens to you.

Revelation 21:4

He will remove all of their sorrows, and there will be no more death or sorrow or crying or pain. For the old world and its evils are gone forever."

Timeline of the Life of David

